**CURRICULUM SUMMARY – September to December 2017**

SUBJECT: PE YEAR GROUP: Year 5 TEACHER: Anna Nabielec

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| **Week** | **Dates** | **Learning objectives** | **Activities (in brief)** |
| 1 | 4-8 September | Rules of gym activities, safely behaviour during sport activities | Games introducing routines to be used through the year  Running games |
| 2 | 11 -15 September | Running – different speed  Technique of short distance running  Football skill | Outdoor activities– march, jogging, running, start, runways, individual short distance races, time measure, relay race  Ball control skills in football game |
| 3 | 18 - 22 September | Experiment with different ways of moving – crawling, rolling, running, jumping, skipping, climbing  Correct body posture. | Obstacle course – mixing different kinds of movement  What is correct body posture and why is important to keep it?  Games developing good habits to keep correct body posture. |
| 4 | 25 -29 September | Gym – skipping.  Football skill | Outdoor activities, individual exercises using skipping ropes.  Pass, kick, dribbling – skills in the game |
| 5 | 2 – 6 October | Movement and co-ordination development  Individual skills controlling balls – throwing, catching, passing from hand to hand  Throwing, catching skills | Exercises and games, co-ordination skills  Exercises with different kinds of balls – tennis balls, Ping-Pong balls, volley balls  Team races with using ball control skills, Dodge ball - game |
| 6 | 9 – 13 October | Adjust speed or change directions to avoid obstacles. Negotiate space successfully when playing racing.  Football skill | Traveling with control and coordination – running games, team races.  Create a team game – skills in the game |
| 7 | 16 – 20 October | Gym – basic gymnastic actions (travelling, climbing, rolling, jumping, balancing)  Throwing, catching skills | Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones.  Make an obstacle course using different kinds of apparatus  Dodge ball - game |
| 8 | 23 – 27 October | Movement and co-ordination development.  Football skill | Exercises and games, co-ordination skills  Practicing with different partners  Defence – skills in the game |
|  | 30 October–  3 November | Mid-Term Break | Mid-Term Break |
| 9 | 6 – 10 November | Travel around, under, over, and through balancing and climbing equipment.  Throwing, catching skills. | Make an obstacle course using different kinds of apparatus – bench, beam, mat, mattress, ladders, box, cones.  Throwing volleyball - game |
| 10 | 13 -17 November | Gym - jump off and over an object and land appropriately.  Football skill | Exercises using box, mattress, bench, rings.  Goalkeepers skills |
| 11 | 20 – 24 November | Experiment with different ways of moving – crawling, rolling, running, jumping, skipping, climbing  Basketball – bounce | Obstacle course – mixing different kinds of movement  Exercises with a ball. Team races with bouncing. |
| 12 | 27 November –  1 December | Gym – exercises to shape correct body poster.  Movement and co-ordination development.  Throwing, catching skills | Gym exercises.  Exercises and games, co-ordination skills  Dodge ball game |
| 13 | 4 - 8 December | Athletic – different kinds of jumping and skipping.  Throwing, catching skills. | Games including different kinds of jumping and skipping, jumps on their own, series of hops, using skipping ropes.  Throwing volleyball” - game |
| 14 | 11 – 15 December | Effects of physical activity on the body.  Basketball skills. | Running games. Observe effects of physical activity on the body – sweat, heartbeat, thirst, breath, body temperature.  Exercises with a ball – throw far, high, one hand, two hands, over head.  Team races with bouncing, throwing, catching. |
| 15 | 18 – 22 December | Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing).  Throwing and catching skills in games. | Gymnastic stations.  Dodge ball game |